

Cuisinart

baby™

INSTRUCTION AND RECIPE BOOKLET



Mini-Prep® Plus 3-Cup Processor

DLC-2ABY Series

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

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IMPORTANT UNPACKING INSTRUCTIONS

This package contains a Cuisinart® Mini-Prep® Plus Processor and the standard parts for it: SmartPower® metal chopping/grinding blade, spatula, and instruction/recipe booklet.

CAUTION: THE CUTTING BLADE HAS VERY SHARP EDGES.

To avoid injury when unpacking, please follow these instructions:

1. Place the box on a table or kitchen counter. Be sure the box is right side up.
2. Lift up and remove the cardboard lid from the work bowl cover.
3. Grasping the work bowl cover, lift the unit up and out of the box and place on the tabletop.
4. Turn the work bowl clockwise to unlock it from the unit base. Lift up and remove.
5. Carefully lift the protective cardboard off the chopping/grinding blade shaft.
6. **CAREFULLY REMOVE THE METAL BLADE BY GRASPING THE CENTER WHITE HUB AND LIFTING IT STRAIGHT UP. NEVER TOUCH THE BLADE, AS IT IS RAZOR SHARP.**
7. Read the instructions thoroughly before using the machine.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be adhered to, including the following:

1. **READ ALL INSTRUCTIONS.**
2. To protect against risk of electric shock, do not put motor base in water or other liquids.
3. Close supervision is necessary when any appliance is used by or near children.
4. Always unplug unit from outlet when not in use, before putting on or taking off parts, before cleaning, and before removing food from bowl. To unplug, grasp plug and pull from electrical outlet. Never pull cord.
5. Avoid contact with moving parts.
6. **Do not operate any appliance with a damaged cord or plug, after the appliance malfunctions, or if appliance has been dropped or damaged in any manner. Return the appliance to the nearest authorized Cuisinart Service Facility for examination, repair, and electrical or mechanical adjustment.**
7. The use of attachments not recommended or sold by Cuisinart may cause fire, electric shock or injury.
8. Do not let cord hang over edge of table or counter, or touch hot surfaces.
9. Do not use outdoors.
10. Keep hands and utensils away from moving blade while processing, to prevent the risk of severe injury to persons or damage to the appliance. A scraper may be used, but must be used only when the unit is not running.
11. **BLADE IS EXTREMELY SHARP.** Handle carefully when removing, inserting or cleaning. Always allow blade to stop moving before removing cover.
12. To reduce the risk of injury, never place cutting blade on base without first putting work bowl properly in place.
13. Be certain cover is securely locked in place before operating appliance. Do not attempt to remove cover until blade has stopped rotating.
14. Do not attempt to defeat the cover interlock mechanism, as serious injury may result.
15. Before using, check work bowl for presence of foreign objects.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE

This appliance has a polarized plug (one blade is wider than the other). To reduce the risk of electric shock, this plug is intended to fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify plug in any way.

ASSEMBLY INSTRUCTIONS

1. With the base unit on the tabletop, place the work bowl over the center stem and turn slightly to the right, until bowl drops down to the bottom of the stem.
2. Turn the work bowl counterclockwise to lock onto base.
3. CAREFULLY pick up the blade by its hub and place on the center stem until it drops to the bottom of the stem. **NEVER TOUCH THE BLADE ITSELF.**
4. Add food ingredients.
5. Place the cover on the work bowl with the long tab to the right of the rear column.
6. Turn cover counterclockwise to securely lock into locking post.
7. Plug unit into wall socket.
8. You are ready to CHOP/GRIND.



*All parts that come in contact with food are BPA-free.

TIPS FOR PROCESSING FOOD

Preparing the Food

Size

Always cut large pieces of food into smaller pieces of even size – about $\frac{1}{8}$ inch (12mm) to a side. If you don't start with pieces that are small and uniform, you will not get an even chop.

Quantity

Do not overload the work bowl. Overloading causes inconsistent results and it strains the motor. Use the quantities given in the recipe section as a guide. As a rule of thumb, remember that after being processed, food should not reach more than $\frac{1}{2}$ of the way up the central hub of the blade assembly.

Note: Due to the powerful motor provided with this unit, Cuisinart recommends using one hand to support the Mini-Prep® Plus Processor during operation.

Selecting the Right Operating Control

Use the Chop function for chopping, puréeing and mixing. It is the right choice, for example, for chopping soft, fragile food such as herbs, celery, onions, garlic and most cheeses. It is also a good choice for puréeing cooked vegetables, making mayonnaise and mixing salad dressing.

Pulse action is best when you are using the Chop function. Two or three pulses can even be enough. Be sure to check the food frequently to prevent overprocessing. If you overprocess, you are likely to get a watery paste instead of a fine chop.

Use the Grind function for grinding spices and for chopping hard food such as peppercorns, seeds, chocolate and nuts. It is also excellent for combining delicate mixtures that you do not want to be over-chopped or processed. Alternating between Chop and Grind reduces the need for scraping down the sides of the bowl during processing.

Continuous-hold action is best when you are using the Grind function. You may have to operate the Mini-Prep® Plus Processor for several seconds with some food to achieve the desired results – as long as 20 seconds for some seeds.

When you operate the unit for more than 10 seconds, use a pulse action every 10 seconds or so to allow food to drop to the bottom of the work bowl. This provides more consistent results.

Never operate the Mini-Prep® Plus Processor continuously for longer than 1 minute at a time.

Note: The work bowl and cover may become scratched when you use them for grinding grains and spices. This does not affect the performance

of the Mini-Prep® Plus Processor. However, you may want to reserve the original bowl for grinding and purchase an additional bowl and cover set for other uses. These are available from the Cuisinart Customer Service Department, which you can reach by dialing our toll-free number: 1-800-726-0190.

Adding Liquids

You can add liquids such as water, oil or flavoring while the machine is running. For example, you can add water to control the consistency of baby food. You might want to add oil when making mayonnaise or salad dressing, or you could add vanilla or alcohol when making frozen yogurt. Pour the liquid through one of the two openings in the cover.

IMPORTANT: Add liquid through only one opening at a time. The other opening must be left free to allow air to escape. If both openings are blocked, liquid cannot flow smoothly into the bowl.

Removing Food from the Sides of the Bowl

Occasionally food will stick to the sides of the bowl as you process. Stop the machine to clear food away. **AFTER THE BLADE HAS STOPPED MOVING**, remove the cover, and use the spatula to scrape the food from the sides of the bowl back into the center. Do not put hands into bowl unless unit is unplugged.

PROCESSING FOOD

1. Place the work bowl firmly on the motor base and insert the blade assembly. Opening at back of bowl must face column at back of Mini-Prep® Plus Processor. Turn counterclockwise to lock in place.
2. Place food in the work bowl. Be sure the food is cut into small pieces, and the bowl is not overloaded.
3. Lock the cover into position. **NOTE:** Due to the powerful motor provided with this unit, Cuisinart recommends using one hand to support the Mini-Prep® Plus Processor during operation.
4. Press the appropriate Chop or Grind Control, depending on the food you are processing.
5. When you have finished processing the food, stop the machine by releasing the control button.
6. **WHEN THE BLADE STOPS MOVING**, remove the cover.
7. Unplug the unit.
8. Carefully remove the blade assembly, holding it by the handle on the top of the sheath. **NEVER TOUCH THE BLADE ITSELF.**
9. Remove food with the spatula. **Note:** Do not operate Mini-Prep® Plus Processor without food contents in work bowl.

Tip: Process foods in order from dry to wet to avoid having to clean bowl and blade between each task.

To remove work bowl

1. Turn the work bowl cover clockwise and remove.
2. Turn the work bowl clockwise to unlock and lift off of the base.
3. Carefully remove the blade by lifting it up from the hub.

CLEANING AND STORAGE

To simplify cleaning, rinse the work bowl, cover, and blade immediately after each use, so that food won't dry on them. Wash blade assembly, work bowl, cover, and spatula in warm soapy water. Rinse and dry. Wash the blade carefully.

Avoid leaving blade in soapy water where it may disappear from sight. If you have a dishwasher, you can wash the workbowl, cover, blade assembly, and spatula on the top rack. Insert the work bowl upside down and the cover right side up. You may put the blade and spatula in the cutlery basket. Unload the dishwasher carefully to avoid contact with the sharp blade.

Wipe the motor base clean with a damp sponge or cloth. Dry it immediately. Never submerge the motor base or the plug in water or other liquids.

The Mini-Prep® Plus Processor stores neatly on the countertop in a minimum of space. When it is not in use, be sure to leave it unplugged. The hidden cord storage underneath the motor base will help keep excess cord off the countertop. Store the unit assembled to prevent loss of parts.

Store the blades as you would sharp knives – out of the reach of children.

The Mini-Prep® Plus Processor is intended for HOUSEHOLD USE ONLY. Any service other than cleaning and normal user maintenance should be performed by an authorized Cuisinart Service Representative.

TROUBLESHOOTING

Motor doesn't start or blade doesn't rotate.

- Check that plug is securely inserted into outlet.
- Check that work bowl and cover are securely locked into place.
- Be sure to press only one operation control button at a time.

Food is unevenly chopped.

- Either you are chopping too much food at one time, or the pieces are not small enough. Try cutting food into smaller pieces of even size and processing a smaller amount per batch.

Food is chopped too fine or is watery.

- The food has been overprocessed. Use brief pulses, or process for a shorter time. Let blade stop completely between pulses.

Food collects on work bowl cover or sides of prep bowl.

- You may be processing too much food. Turn machine off. When blade stops rotating, remove cover, and clean bowl and lid with spatula. Alternating between Chop and Grind reduces the need for scraping down the sides of the bowl during processing.

Food catches on blade.

- You may be processing too much food. Carefully remove blade. Remove food from blade with spatula, and start over again.

USING THE MINI-PREP® PLUS FOR BABY AND FAMILY

With the Mini-Prep® Plus Processor, you can chop, grind or purée small amounts of foods. Use the listing of ingredients and techniques on pages 5-7 as a basic guide for processing.

We've put together valuable information and recipes for you to use as guidelines for your baby's transition from liquids to solids and even to family-friendly foods. Always keep in mind, however, baby's doctor knows best. Check with your pediatrician before introducing any new food.

BABY'S READINESS

Every baby develops at his or her own pace, but some common changes and behaviors can indicate a readiness for solid foods. Be on the lookout for:

- Baby holding up head
- Chewing motion
- Doubled birth weight
- Ability to sit in high chair
- Curiosity about food
- Mouth closing around food
- Hunger after liquid feeding (breast milk/formula)
- Teething
- Less tendency to push food out with tongue

The first solid food to introduce is cereal. Start with rice, barley, or oatmeal when baby is between 4 and 6 months. Once baby has been successfully eating cereal, the next solid to introduce is vegetables so the baby has a chance to develop a taste for these before getting a "sweet tooth" from fruit. Next, introduce fruits, followed by meat and poultry.

The following chart is a guideline for the types of food to feed your baby, how to prepare it, and how much it will serve. Other types of food not in this chart would follow similar instructions.

USER GUIDE AND CAPACITY CHART

Food	Starting Age	Amount	Preparation	Approx. Yields	Nutritional Value
Apples	4 to 6 months	1 large apple (about 8 oz.) peeled, cored and cut into 1-inch pieces (1½ cups)	Steam for about 4 to 5 minutes. Pulse 2 to 3 times and then process until fully puréed, about 10 seconds.	¾ cup	High in fiber Contains vitamins A & C, as well as trace minerals
Apricots/Prunes (dried)	6 to 8 months	½ cup packed (about 4 oz.)	Bring apricots to a boil in just enough water to cover. Simmer until fruit is moist and plump, about 10 to 15 minutes. Process with ¼ to ½ cup water until smooth.	½ cup	High in vitamin A and B vitamins including folate High in potassium and contains iron
Avocado	4 to 6 months	1 ripe avocado (about 8 oz.) cut into 1-inch pieces	Process by alternating between Chop and Grind. Scrape down bowl and continue to chop until fully puréed, about 15 to 20 minutes.	¾ cup	B vitamins, vitamin E, potassium
Bananas	4 to 6 months	1 large ripe banana (7 to 8 oz.) peeled and cut into ½-inch rounds	Pulse 2 to 3 times and then process until fully puréed, about 20 seconds.	½ cup	High in potassium
Beef/Lamb (boneless)	8 to 10 months	½ lb. beef or lamb	Steam for at least 25 minutes until soft and cooked through. Allow to cool slightly, then cut into 1-inch pieces. Pulse to break up and process by alternating between Chop and Grind for about 20 seconds. Scrape bowl and add reserved cooking liquid (1 to 2 tablespoons at a time) while chopping, until desired consistency is achieved.	6 oz.	High protein, folate, vitamin B12, phosphorous, iron, selenium and essential amino acids
Beets	10 to 12 months	3 to 4 small to medium beets, washed and trimmed (about 10 oz.)	Bring to a boil in just enough water to cover. Simmer until beets are completely tender, about 50 to 60 minutes. Peel and cut into 1-inch cubes. Process by alternating between Chop and Grind for about 15 seconds. Add cooking liquid (1 tablespoon at a time) if a thinner consistency is desired.	1 cup	Beta carotene, folate, calcium, magnesium, potassium
Broccoli	8 to 10 months	8 oz. of florets and upper stems, cut into ½- to 1-inch pieces	Steam at least 8 to 12 minutes, until completely fork tender. Pulse about 3 to 4 times. Add 2 tablespoons (1 tablespoon at a time) cooking liquid and continue to process until desired consistency is achieved, about 1 minute.	1 cup	High in vitamin C, lutein, vitamin K, calcium
Butternut Squash/ Winter Squash/ Pumpkin	4 to 6 months	1 small squash (about 8 oz.) peeled, seeded and cut into 1-inch pieces (about 3 to 3½ cups)	Steam at least 15 minutes, until completely fork tender. Process in 2 batches. Chop each batch 15 to 20 seconds until puréed.	1½ cups	Vitamins A & C, beta carotene, vitamin K, calcium

Food	Starting Age	Amount	Preparation	Approx. Yields	Nutritional Value
Carrots	6 to 8 months	6 oz. carrots peeled and cut into ½-inch pieces (about 1¼ cups)	Steam at least 20 minutes, until completely fork tender. Process, alternating between Chop and Grind. Add reserved cooking liquid (1 tablespoon at a time) and continue to process until desired consistency is achieved, about 40 to 50 seconds.	½ cup	High in vitamin A, beta carotene
Cauliflower	8 to 10 months	8 oz. of florets cut into 1½-inch pieces	Steam at least 15 minutes until completely fork tender. Process, alternating between Chop and Grind, for about 10 seconds. Add reserved cooking liquid (1 tablespoon at a time) and continue to process until desired consistency is achieved, about 25 to 30 seconds.	¾ cup	High in folate and vitamin C
Chicken (dark meat)	6 to 8 months	½ lb. thighs or legs, skin removed	Bring to a boil in just enough water to cover. Simmer until chicken is completely soft and falling off the bone, at least 1 hour. Carefully remove and discard all bones, put meat into work bowl and pulse to break up. Process, alternating between Chop and Grind for about 30 seconds. Scrape bowl and add liquid (1 tablespoon at a time) until desired consistency is achieved.	1 cup	Vitamin A, B3, folate, some vitamin C, iron and essential amino acids
Chicken/Turkey (breast)	6 to 8 months	1 boneless, skinless breast (about 6 to 8 oz.) cut in half to fit steaming basket	Steam at least 15 minutes so that it is cooked through and moist. Let cool slightly and then cut into 1-inch pieces. Pulse first and then process by alternating between Chop and Grind for about 30 seconds. Scrape bowl and add liquid (1 tablespoon at a time) until desired consistency is achieved, about 40 to 60 seconds.	¾ cup	B vitamins, phosphorous, potassium, iron and essential amino acids
Fennel	8 to 10 months	2 cups (1 large or 2 small bulbs) thinly sliced, tough outer parts removed	Steam at least 12 minutes, until completely fork tender. Process by pulsing 2 to 3 times, then chop continuously for about 60 seconds. Scrape bowl once during process time until a smooth purée is achieved.	⅔ cup	Vitamin C, potassium, calcium
Fish	12 months +	½ lb. fillet – salmon or white fish	Steam for about 10 to 25 minutes depending on type of fish and thickness of fillet (salmon will take longer than fillet of sole). Pulse to break up, then process by alternating between Chop and Grind for 10 seconds. Scrape bowl and add reserved cooking liquid (1 tablespoon at a time) while chopping, until desired consistency is achieved.	1¼ cups	Omega 3 and 6 fatty acids Salmon – vitamin A, folate, B12, calcium, phosphorous, potassium and selenium
Green Beans	4 to 6 months	8 oz. of beans washed, ends trimmed and cut into 1-inch pieces (about 2 cups)	Steam at least 20 minutes, until completely fork tender. Pulse 2 to 3 times and then process, alternating between Chop and Grind. Scrape the sides of bowl and chop again, adding reserved cooking liquid (1 tablespoon at a time) until desired consistency is achieved.	¾ cup	Beta carotene, vitamin A, calcium
Green Peas	6 to 8 months	1¼ cups (8 oz.) frozen green peas	Steam for at least 15 minutes until completely fork tender. Pulse to mash and add then chop, adding 1 to 2 tablespoons of cooking liquid at a time until desired consistency is achieved, about 45 to 60 seconds.	7 oz.	Vitamin A, lutein, folate

Food	Starting Age	Amount	Preparation	Approx. Yields	Nutritional Value
Mango/Papaya	6 to 8 months	1 ripe mango (about 14 to 16 oz.) peeled, pitted and cut into 1-inch pieces, about 1 cup	Process for about 15 to 20 seconds until well puréed, scraping sides of work bowl halfway through.	1 cup	Mango – High in beta carotene, vitamin A, some folate, vitamin C, K, calcium and potassium Papaya – High in beta carotene, vitamins A and C
Parsnips	8 to 10 months	2 medium parsnips (about 10 oz.) peeled and cut into ½-inch pieces (about 1¼ cups)	Steam at least 15 minutes until completely fork tender. Process, alternating between Chop and Grind for about 15 seconds. Add reserved cooking liquid (1 tablespoon at a time) and continue to process until desired consistency is achieved.	1 cup	Folate, calcium, potassium
Peaches/Pears	6 months	1 ripe peach or pear (about 7 to 8 oz.) peeled, cored and cut into 1-inch pieces (about 1 cup)	If peach or pear is really ripe it can be processed without cooking – simply place fruit in workbowl, pulse 2 to 3 times and then process until smooth. If not completely ripe, steam fruit until soft. Pulse 3 to 4 times and then process, alternating between Chop and Grind about 15 seconds until smooth.	½ cup	High in potassium
Plums	6 to 8 months	3 whole plums (about 12 oz.) peeled, pitted and cut into 1-inch pieces	Steam until fork tender, about 5 to 8 minutes depending on ripeness. Pulse 3 to 4 times and then process, alternating between Chop and Grind about 15 seconds until smooth.	¾ cup	Vitamin A and potassium
Sweet Potatoes, Yams	4 to 6 months	1 medium potato (about 8 to 10 oz.) peeled and cut into 1-inch pieces	Steam at least 10 minutes, until completely fork tender. Pulse 2 to 3 times and then add about 2 to 3 tablespoons cooking liquid and pulse again. Add 1 to 2 tablespoons liquid and chop. Add additional liquid if necessary, until desired consistency is achieved, about 45 to 60 seconds.	1 cup	Folate, vitamin C, potassium, magnesium
Tofu	6 to 8 months	6 oz. soft tofu broken into small pieces	Pulse 3 times on Chop. Add 2 tablespoons liquid from tofu and process for about 10 to 15 seconds until smooth. Add additional liquid for a thinner consistency.	⅔ cup	Calcium
Turnips/Rutabagas	8 to 10 months	2 small turnips (about 10 oz.) peeled and cut into 1-inch cubes	Steam at least 10 minutes until completely fork tender. Process, alternating between Chop and Grind for about 10 seconds. Add 1 tablespoon of reserved cooking liquid at a time and chop until desired consistency is achieved.	1 cup	Vitamin C, calcium, potassium (turnip)
Zucchini/Summer Squash	6 to 8 months	2 squash (about 10 oz.) peeled, quartered, seeded and cut into ½-inch pieces	Steam at least 8 minutes. Process on Chop for 15 to 20 seconds, adding reserved cooking liquid if necessary.	3 oz.	Lutein, folate

TIPS AND HINTS FOR BABY FOOD

The Mini-Prep® Plus Processor is an excellent tool for puréeing fruits and vegetables. For optimal nutrient retention, steam or bake baby's food using as little water as possible. When puréeing, use any leftover liquid to increase the nutritional content and achieve the desired consistency.

Add new foods one at a time, one teaspoon at a time. Serve only that type of food for at least 3 days before beginning another to be sure baby is not allergic. Once baby has been introduced to different foods, mix and match to make great combinations. For example, oat cereal and fruit, sweet potatoes and apple, or chicken with carrots.

Always use the freshest ingredients, organic if preferred. Homemade baby food should not be seasoned or sweetened.

Save time by preparing larger portions and freezing into ice cube trays or airtight containers. Each cube is equal to 1 ounce or 2 tablespoons, which is a complete serving for baby. Never refreeze any food that has been previously frozen.

When introducing a new food, if baby doesn't accept it, and does not have any adverse reaction, try again in a few days.

Certain foods should be avoided for a period of time because of their highly allergenic properties. The following foods should be avoided until after 12 months of age:

- Honey
- Corn
- Egg whites
- Wheat
- Soy
- Whole milk
- Raw berries
- Citrus (or other highly acidic fruits)

The following foods should be avoided until after 24 months of age:

- Peanuts/peanut butter
- Tree nuts
- Shellfish

Certain foods that can be a choking hazard should also be avoided, including, but not limited to, grapes, raw carrots, raisins (and other small dry fruits), candy, hot dogs, popcorn, and large pieces of meat.

Vegetables that are high in nitrates, like spinach, turnips, carrots, and beets, should be offered in limited quantities at a time.

Baby will be ready for finger foods when he or she has achieved all the behaviors indicating a readiness for solid foods (see page 4), around 8 months. Additionally, baby can transfer items from hand to hand, has more constant chewing motion, and puts "everything" into the mouth!

When baby is ready to graduate to family foods, he or she should be starting to use a spoon.

Always remember to continue to check with your pediatrician regarding appropriate foods and ages, as every baby develops differently.

For more information, recipes, and baby tools, please visit www.cuisinart.com/baby or www.cuisinart.com

RECIPES

Summer Fruit Crisp

Summer berries are loaded with vitamin C – this crisp is a great way to showcase them.

Makes 6 servings

Crumb topping:

- 2 tablespoons whole wheat flour
- 2 tablespoons packed light brown sugar
- 2 tablespoons unsalted butter, cold and cut into small cubes
- 1/2 teaspoon ground cinnamon
- 1/4 cup toasted pecans (or substitute 1/4 cup old-fashioned rolled oats)
- pinch salt
- 3 cups mixed fresh berries (strawberries, blueberries and blackberries work well)
- 2 tablespoons whole wheat flour
- pinch salt

1. Preheat oven to 425°F.
2. Prepare the crisp topping. Put all crumb topping ingredients into the Cuisinart Mini-Prep® Plus Processor. Pulse on Grind 8 to 12 times until combined. Remove and reserve.
3. In a medium bowl, toss the berries with the flour and salt.
4. Put the berries into a small baking dish (about 1 to 1 1/2 quart). Evenly sprinkle the topping over the fruit.
5. Bake in preheated oven for about 25 minutes, or until fruit has softened a bit and the top is golden and crispy.
6. Let crisp rest for 5 to 10 minutes before enjoying.

Nutritional information per serving:
Calories 151 (39% from fat) • carb. 21g • pro. 2g • fat 7g • sat. fat 1g
• chol. 18mg • sod. 258mg • calc. 18 mg • fiber 0g

Banana Crumb Muffins

These muffins are chock full of good-for-you whole grains.

Makes 6 muffins

nonstick cooking spray

Crumb topping:

2 tablespoons whole wheat flour
2 tablespoons packed light brown sugar
2 tablespoons unsalted butter, cold and cut into small cubes
1/2 teaspoon ground cinnamon
1/4 cup toasted pecans (or substitute **1/4** cup old-fashioned rolled oats)
pinch salt

Muffin batter:

2/3 cup unbleached, all-purpose flour
1/3 cup whole wheat flour
1/4 cup old-fashioned rolled oats
1 teaspoon baking powder
1/4 teaspoon salt
1/4 teaspoon ground cinnamon
1/4 cup light brown sugar
2 tablespoons unsalted butter, melted
1 large egg
1/4 cup sour cream
2 tablespoons reduced-fat milk
1/2 teaspoon pure vanilla extract
1 small ripe banana
1/4 cup chopped toasted pecans (optional)

1. Preheat oven to 375°F. Lightly coat a 6-cup muffin pan with nonstick cooking spray.
2. Prepare the crumb topping. Put all crumb topping ingredients into the Cuisinart® Mini-Prep® Plus Processor. Pulse on Grind 8 to 12 times until combined. Remove and reserve in refrigerator until ready to use.
3. Prepare muffin batter. Put the flours, oats, baking powder, salt and cinnamon into the work bowl. Process until combined. Remove and reserve in a medium mixing bowl.

4. Put the remaining ingredients, except for the pecans, into the work bowl. Process on Grind until fully combined and creamy. Transfer wet ingredients into the bowl with the dry ingredients. Add the pecans and gently fold together until just combined – do not overmix.

5. Scoop muffin batter evenly into the prepared muffin pan. Sprinkle the crumb topping evenly on the tops of each muffin. Bake for 18 to 20 minutes, until a cake tester comes out clean.

Nutritional information per serving (1 muffin):

Calories 151 (39% from fat) • carb. 21g • pro. 2g • fat 7g • sat. fat 1g
• chol. 18mg • sod. 258mg • calc. 18 mg • fiber 0g

Parmesan Chicken Fingers

A classic at every dinner table.

Makes about 12 chicken fingers

olive oil

1 pound chicken breast (approximately 3 breasts)
6 slices white bread, *lightly* toasted, crusts removed, fully dried
1 1/2 ounces Parmesan cheese, cut into $1/2$ -inch cubes
1 large egg
1 tablespoon milk
1/2 cup unbleached, all-purpose flour
salt
pepper

1. Preheat oven to 375°F. Line a baking sheet with aluminum foil; coat evenly with a small amount of olive oil.
2. Cut chicken breasts into “finger” strips, about 6 strips per breast.
3. Crumble half of the toasted bread into the work bowl of the Cuisinart® Mini-Prep® Plus Processor and process to create fine breadcrumbs. Remove and reserve in a small mixing bowl. Repeat with remaining bread. Remove and reserve with other crumbs. Put the Parmesan cubes into the work bowl and pulse 10 times, then process for 30 seconds to finely chop. Remove and mix in with breadcrumbs. Put the egg and milk into the work bowl and process for 10 seconds. Remove and reserve in separate mixing bowl. Put the flour into a third mixing bowl.

4. Line up the bowls of flour, egg wash, and toasted Parmesan bread-crums. Mix a small amount of salt and pepper into the flour.
5. Dip each chicken finger into the flour, then the egg, and then the bread-crums. Be sure to shake the excess off after each step.
6. Place chicken fingers on prepared baking sheet and place in oven for about 25 to 30 minutes. Turn the fingers halfway through bake time. Serve with favorite dipping sauce.

Nutritional information per serving:

Calories 11 (31% from fat) • carb. 12g • pro.7g • fat 4g • sat. fat 2g
• chol. 51mg • sod. 196mg • calc. 117mg • fiber 0g

WARRANTY

Limited Three-Year Warranty

This warranty is available to consumers only. You are a consumer if you own a Cuisinart® Mini-Prep® Plus 3-Cup Processor that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Mini-Prep® Plus 3-Cup Processor will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, www.cuisinart.com for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund of nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling of such nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If your Cuisinart® Mini-Prep® Plus 3-Cup Processor should prove to be defective within the warranty period, we will repair or, if we think necessary, replace it. To obtain warranty service, please call our Customer Service Center toll-free at 1-800-726-0190 or write to: Cuisinart, 7811 North Glen Harbor Blvd, Glendale, AZ 85307. To facilitate the speed and accuracy of your return, enclose \$10.00 for shipping and handling. (California residents need only supply a proof of purchase and should call 1-800-726-0190 for shipping instructions.) Please be sure to include your return address, description of the product's defect, product serial number, and any other information pertinent to the return. Please pay by check or money order. **NOTE:** For added protection and secure handling of any Cuisinart product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® Mini-Prep® Plus 3-Cup Processor has been manufactured to the strictest specifications and has been designed for use only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

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